

GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

February 1st– February 28th 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						
7:00 AM						
7:45 Y-B FIT 60 min FR Sandy	7:00 Pilates 60 min FR Deborah	7:45 Y-B FIT 60 min FR Sandy		7:45 Y-B FIT 60 min FR Sandy		
		7:00 Hatha Yoga 60 min SC Mahesh				
8:00 AM						
8:00 Hatha Yoga 60 min SC Mahesh	8:00 Gentle Stretch 60 min FR Lazsher	8:00 Tabata 60 min G Peggy Sue	8:00 Pilates 60 min FR Deborah	8:00 BootCamp 60 min G Ashley	8:00 Hatha Yoga 60 min SC Mahesh	
8:00 Tabata 60 min G Peggy Sue		8:15 Express Strength Training 45 min SG Lazsher	8:00 Cardio Core & More 60 min G Peggy Sue		8:00 INSANITY 45 min FR Shera/Clark	
8:15 Express Strength Training 45 min SG Lazsher						
9:00 AM						
9:00 Cardio Dance 60 min FR Lindsey	9:00 Cardio, Core & More 60 min FR Ashley	9:00 Cardio Dance 60 min FR Lindsey	9:00 TurboKick @ 60 min FR Katie	9:00 Cardio Dance 60 min FR Lindsey	9:00 Zumba® 60 min FR Aimee	
10:00 AM						
10:30 Building Fit Friends 60 min FR Nancy	10:30 Silver Sneakers Classic@ 60 min FR Deborah	10:30 Building Fit Friends 60 min FR Nancy	10:30 Silver Sneakers Classic@ 60 min FR Deborah	10:30 Building Fit Friends 60 min FR Nancy	10:00 Mommy & Me Yoga 60 min FR Lazsher	10:00 Gentle Stretch 60 min FR Lazsher
11:00 AM						
11:45 Low Impact Cardio 60 min FR Kay	11:30 Silver Sneakers Cardio 60 min FR Deborah	11:45 Low Impact Cardio 60 min FR Kay	11:30 Silver Sneakers Cardio 60 min FR Nancy			11:00 Zumba® Basics 60 min FR Vicky

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00PM						
	Open Pickle Ball 12p-3p Both gyms		Open Pickle Ball 12p-3p Both gyms	12:00 Silver Sneakers Classic® 60 min FR Deborah		
1:00PM						
				1:15 Low Impact Cardio 60 min FR Kay		
4:00 PM						
4:15 Pilates 60 min FR Kerbi	4:30 Low Impact Circuit 45 min FR Kerbi		4:15 Pilates 60 min FR Kerbi			
5:00 PM						
5:30 H.I.I.T 60 min FR Peggy Sue	5:30 TurboKick® 60 min FR Katie	5:10 Strength & Tone 60 min FR Aimee	5:00 Indoor Cycle 60 min SC Aimee	5:30 Total Body Circuit 60 min FR Lazsher		
			5:15 Barre Intensity 45 min FR Kerbi			
6:00 PM						
6:30 Beginner Yoga 60 min SC Yolanda	6:30 Zumba® 60 min FR Aimee	6:10 Express Abs 20 min FR Aimee	6:00 30/30 60 min FR Janna			
		6:30 Beginner Yoga 60 min SC Yolanda				
		6:30 INSANITY® 50 min FR Ashley				
7:00 PM						

KEY: FR=FITNESS ROOM G=GYM SC=SENIOR CENTER DSP=Dune State Park \$= Paid Class RBC= RAQUET BALL COURTS CC= CARDIO CENTER ***
The YMCA instructors reserve the right to cancel or change a class if minimum participation (3) is not met.

RED=INTERMEDIATE/ADVANCED YELLOW=ACTIVE OLDER ADULTS PURPLE= Summer Camp GREEN=MULTI LEVEL/BEGINNER FRIENDLY POOL= ALL LEVELS PINK=DUNES STATE PARK Turquoise= OUTDOOR